



Israel Wartime Readiness Field Guide

Preparedness Checklists & Flowcharts

Based on Home Front Command (Pikud HaOref) guidance

About This Guide

This booklet was created during the ongoing war between Israel and Iran. I lived through the twelve-day war in the summer of 2025 with my wife and family in Jerusalem, and I realised something: during protracted periods of stress, there is only so much you can do. Sometimes, having a systematic set of checklists — when you're tired, exhausted, and running on adrenaline — is the best way to know you're doing what you can, and to put your mind at rest.

That's why this guide contains specific protocols for quick reference and decision flowcharts for high-pressure moments. It's not prescriptive — it's based on Home Front Command guidance and offered as a suggested framework. The idea is to build a kind of muscle memory so that you know the protocol as if it's second nature, long before you need it under fire.

If you find it valuable, print a couple of copies. It's designed in A4 portrait for digital printing. Stick one on your *mamad* door. But always refer to the latest advice from the authorities — official guidance changes, and this document reflects what was current when it was generated.



Daniel Rosehill

Technology communications specialist based in Jerusalem. Lives in Rehavia with his wife Hannah and two crocheted companions. All illustrations by Nano Banana.



Claude (Anthropic Opus 4.6)

AI co-author. Drafted, structured, and typeset this guide based on official HFC guidance and Daniel's lived experience. All content was human-reviewed.



Your Co-Hosts

Herman the Donkey — Health & Safety Expert. Steadfast, practical, always carrying the right gear.

Corn the Sloth — Wellness Expert. Calm, mindful, always reminding you to look after yourself.

Co-hosts of *My Weird Prompts*. Not government officials — just two friends who want to help you stay safe and sane.

⚠ Disclaimer Generated **23 March 2026** based on HFC guidance current as of that date. This is not an official government publication. Always verify at oref.org.il. When in doubt, follow HFC, Israel Police, and IDF instructions.

Open source. Print, photocopy, and share freely. Source: github.com/danielrosehill/Israel-Wartime-Prep-Guide

How to Use This Booklet

Document Types

This booklet contains three types of document, each with its own icon:

Checklist

A list of items to verify or actions to complete, one by one. Uses **call-and-response** format: one person reads the call, the other gives the expected response. Designed to be run repeatedly until the actions become automatic.

SOP — Standard Operating Procedure

A step-by-step protocol for a specific emergency scenario. Follow in order. SOPs tell you **what to do** when a particular situation arises — they are action sequences, not verification lists.

Decision Flowchart

A visual decision tree for situations where the correct action depends on your circumstances. Start at the top, answer each question, follow the arrows to your action.

The Call-Response Protocol

Each checklist uses a **call-and-response** format — the same method used by pilots, surgeons, and military teams. One person reads the **call** (a question), the other gives the **response** (the expected answer). **Repetition builds memory.** The more you practise, the more automatic the responses become. When sirens sound and adrenaline spikes, your hands will already know what to do.

Two-person drill: One reads each call aloud, the other responds. Swap roles each time.

Solo: Read each call aloud, then answer it yourself. Say the words — don't just read silently.

With children: Make it a game. Kids respond well to routines they can “win” at.

Coloured header tabs help you find sections by colour when flipping through.

Review this booklet long before you need it. Build the muscle memory in peacetime.



Shelter Selection



Daytime Posture



Before Bed



Night Alarm



Before Shower



Before Leaving



After Shelter



Lull / Resupply



Sit. Awareness



Respiratory



Shabbat / Hag



Bathing a Baby

 Checklist  SOP  Flowchart  Smoke Test

Pre-Emergency Preparation

-   Pre-Emergency Home Safety
-   Mamad (Protected Space) Inspection
-   Go Bag Preparation Checklist

Daily Posture & Routines

-   Smoke Test — Are You Braced?
-   Daytime At-Home Posture
-   Before Bed
-   Before Showering
-   Before Leaving Home
-   Shabbat / Hag
-   Bathing a Baby
-   Situational Awareness — Standard & Vigilant
-   INFOSEC & Information Discipline

Active Emergency

-   The Alert Cadence
-   Shelter Selection — Decision Flowchart
-   Shelter FAQ
-   Night Alarm — From Drowsy to Go
-   In Shelter — Behaviour
-   After Shelter — Reset
-   Respiratory Protection
-   Lull / Resupply
-   Emergency Numbers

Special Scenarios

-   Terrorist Infiltration — SOP & Flowchart
-   UAV / Drone Alert — SOP & Flowchart

Hebrew Glossary at the back.

PRE-EMERGENCY HOME SAFETY

Complete during routine periods — not wartime-active checks. Schedule a walk-through every 6 months or after moving.
Takes 1–2 hours.

	ITEM	CHECK
	Bookcases & Shelves	☐ Secured to walls? L-BRACKETS or STRAPS ☐ Heavy objects? STORED LOW <i>Not above head height</i>
	Appliances	☐ Wheeled appliances? WHEELS LOCKED ☐ Heavy appliances? STABLE AND SECURED
	Gas Shutoff 	☐ Location known? BY ALL MEMBERS ☐ All know how to shut off? YES <i>Turn clockwise 90° to close</i> ☐ Operation tested? YES
	Electricity Shutoff 	☐ Main breaker location? KNOWN ☐ All know how to shut off? YES
	Fire Extinguisher 	☐ Accessible? YES ☐ Expired? NO ☐ All know how to use? YES
	Smoke Detector	☐ Installed? ONE PER FLOOR MIN ☐ Tested? WORKING <i>Test monthly</i> ☐ Batteries? REPLACED ANNUALLY
	Water Heater	☐ Strapped to wall? YES <i>Prevents toppling</i>
	Windows	☐ Glass on windowsills? NONE <i>Can shatter into projectiles</i> ☐ Blinds / shutters? FUNCTIONAL

Complete before escalation and recheck monthly. Based on HFC residential protected-space guidelines.

Structural Inspection

	ITEM	CHECK	
	Blast Door 	☐ Opens & closes? ☐ Handle turn? ☐ Double lock?	SMOOTHLY 90° UPWARD FUNCTIONS
	Door Seal 	☐ Rubber insulation? <i>Replace if dried, cracked, or brittle</i>	PRESENT
	Light Test 	☐ Light when sealed? <i>Light penetration = inadequate seal</i>	NONE VISIBLE
	Steel Outer Window	☐ Opens & closes?	SMOOTHLY
	Glass Inner Window	☐ Functions? <i>Double-wing: remove both wings during escalation, store outside room</i>	CORRECTLY
	Ventilation Pipes	☐ Rubber insulation? ☐ Steel cover screws?	INTACT TIGHT

Contents & Safety

	ITEM	CHECK	
	Flammable / Hazardous 	☐ Hazardous materials?	NONE
	Glass / Ceramics 	☐ Glass, ceramic, porcelain? <i>Can shatter into projectiles</i>	NONE
	Heavy Items	☐ Shelves & heavy items?	FIXED TO WALLS
	Gas Tanks	☐ Distance from walls?	3+ METRES
	Emergency Supplies	☐ Supplies?	STORED INSIDE or NEARBY
	Ceiling Fan	☐ Ceiling fan installed? <i>Prohibited in mamads</i>	NONE
	Ventilation	☐ Room ventilated? <i>Must NOT be used as kitchen, bathroom, or washroom</i>	YES

GO BAG PREPARATION

Check monthly: meds, power bank, food, water. Replace batteries every 6 months. Update documents annually.

Bag Ready

	ITEM	CHECK
	Bag 	☐ Available? YES ☐ Assigned? ONE PER PERSON ☐ Ready for use? BY DOOR — ZIPPED

Essential Items

	ITEM	CHECK
	Charger + Cable 	☐ Packed? YES <i>One per device type</i>
	Power Bank 	☐ Packed & charged? 10,000+ mAh <i>Check charge weekly</i>
	Medications 	☐ 7-day supply? PACKED <i>Rotate monthly</i>
	Torch	☐ Packed? YES + SPARE BATTERIES <i>Or hand-crank torch</i>
	N95 Masks	☐ Packed? ONE PER PERSON <i>Sealed in bag</i>
	Water Bottle	☐ Packed? 1L MIN PER PERSON
	Whistle	☐ Packed? YES <i>Audible from under debris</i>
	First Aid Kit	☐ Packed? YES <i>Bandages, antiseptic, pain relief, scissors</i>

Recommended Additions

	ITEM	CHECK
	AM/FM Radio	☐ Packed? YES <i>Battery or crank; write frequencies on it</i>
	Travel Router	☐ Packed? + ETHERNET <i>For shelter with wired internet</i>
	Plug Adapters	☐ Packed? YES + SPLITTERS <i>Shelter outlets are shared</i>

GO BAG PREPARATION

	Cash (NIS)	☐ On hand? <i>ATMs may be down</i>	SMALL BILLS
	IDs & Passports	☐ Packed?	WATERPROOF POUCH
	Contact List	☐ Printed? <i>Phones die</i>	YES

Longer Stay Items (4+ Hours)

	ITEM	CHECK	
	Snacks	☐ Packed? <i>Energy bars, nuts, dried fruit, crackers</i>	YES
	Extra Water	☐ Packed?	3L / PERSON / DAY
	Change of Clothes	☐ Packed? <i>Including socks and underwear</i>	YES
	Sleep Kit	☐ Packed? <i>For sleeping in shared shelter</i>	EYE MASK + EARPLUGS
	Blanket	☐ Packed? <i>Aluminium blankets are compact</i>	EMERGENCY BIVVY

☑ SMOKE TEST — ARE YOU BRACED?

Daily during wartime · Weekly during elevated tension · Monthly during routine. Under 2 minutes.

	ITEM	CHECK
	Bag 	☐ Position? BY DOOR, ZIPPED ☐ Contents? VERIFIED
	Route	☐ Hallway? CLEAR ☐ Door? UNLOCKABLE quickly
	Alerts 	☐ Phone? ON, CHARGED , HFC app RUNNING , area CORRECT ☐ Wireless Alerts? ENABLED ☐ DND Override? VERIFIED
	Cover	☐ Nearest Shelters? THREE KNOWN , routes WALKABLE
	Essentials	☐ Water Supply? ACCESSIBLE , not EXPIRED <i>72-hour minimum</i>
	Dependents	☐ Headcount? all PRESENT or ACCOUNTED for

Mnemonic: BRACED

“Stay *BRACED*”

⚙️ DAYTIME AT-HOME POSTURE

Run after waking and repeat after any disruption. Maintain this posture throughout the day.

	ITEM	CHECK
	Phone 	☐ Phone Location? <i>Or within arm's reach</i> ON PERSON ☐ Charge Status? CHARGED or CHARGING ☐ HFC App? RUNNING
	Dressed 	☐ Clothing? FULLY CLOTHED ☐ Footwear? <i>Not slippers, not barefoot</i> CLOSED-TOE shoes ON
	☐ Keys — ON PERSON or BY DOOR 	
	☐ Go Bag — BY DOOR, ZIPPED 	
	Exit Route 	☐ Hallway? CLEAR ☐ Front Door? OPENS QUICKLY
	☐ Browser Alert — Red Alert extension ACTIVE <i>If working at desk</i>	
	Situational Awareness	☐ News Scan? DONE within last 1–3 hours <i>HFC app + one gov source. Do not doom-scroll</i>

Working from home during wartime:

- Stay dressed and shoed — do not slip into pyjamas “just at the desk”
- Headphones: use one ear only, or keep volume low enough to hear a siren
- Save work frequently — you may need to abandon your desk mid-sentence
- At the start of any call: “I’m in an active alert zone. I may need to leave abruptly.”

🌙 BEFORE BED

Run every night. Everything here exists so a 3am siren is survivable on autopilot.

	ITEM	CHECK	
	Situation Check	☐ News? <i>HFC app + gov sources. Assess if safe to sleep at home</i> ☐ Threat Level? <i>Standard or extra-vigilant tonight?</i>	SCANNED NOTED
	Phone 	☐ Charge Status? ☐ Phone Mode? <i>DND/silent OK</i> ☐ Location Services? ☐ HFC Override?	CHARGING or CHARGED ACTIVE , not airplane mode ON PERMISSIONS SET
	☐ Clothes — LAID OUT by bed <i>Full outfit ready in seconds</i> 		
	☐ Footwear — CLOSED-TOE by bed <i>Ready to step into</i> 		
	☐ Torch — ARM'S REACH <i>On nightstand, not in go bag</i>		
	☐ Glasses — BY BED <i>Same spot every night</i>		
	☐ Keys — ACCESSIBLE <i>By bed or on hook by front door</i>		
	Go Bag 	☐ Bag Position? ☐ Bag Contents? ☐ Power Bank?	BY DOOR VERIFIED ON CHARGE
	Exit Route 	☐ Hallway? <i>Can navigate in the dark</i> ☐ Front Door?	CLEAR NOT double-locked
	☐ Hearing — NO EARPLUGS — ears clear <i>Must hear siren + phone alert</i> 		
	Dependents 	☐ Headcount? ☐ Baby?	all ACCOUNTED for CLOTHES by bed, BABYWEAR by door

BEFORE SHOWERING

You are at your most vulnerable in the shower. Minimise time and maximise readiness.

	ITEM	CHECK
	News Check 	☐ Active Alerts? NONE <i>No active alerts in your area</i>
	Phone 	☐ Volume? at MAXIMUM <i>Must be audible over water</i> ☐ Phone Location? IN BATHROOM or just outside door
	☐ Clothes — FULL OUTFIT in bathroom <i>Not in another room</i> 	
	☐ Footwear — CLOSED-TOE by bathroom door 	
	☐ Towel — WITHIN REACH <i>For rapid dry-off</i>	
	☐ Bathroom Door — UNLOCKED	
	☐ Keep It Short — GET IN, GET OUT <i>Minimise shower time</i> 	

If a siren sounds while showering:

1. **Turn off water** (1 second)
2. **Grab towel** — wrap as you move (don't dry off)
3. **Step into shoes** by door
4. **Move to protected space** — clothes can wait, shelter cannot

Post this on the bathroom door or mirror. Review before every shower during wartime.

1 BEFORE LEAVING HOME

Run every time you leave the house during wartime or escalation.

	ITEM	CHECK	
	☐ Go Bag — TAKING WITH ME 		
	☐ News Check — SCANNED before departure <i>Check HFC app and news for active alerts</i> 		
	Shelters 	☐ Route Shelters? <i>At destination and along route</i>	IDENTIFIED
	☐ Time To Shelter — KNOWN for destination area		
	Phone 	☐ Charge Status? ☐ HFC App? ☐ Location?	CHARGED RUNNING ON
	☐ Car Fuel — at least HALF a tank		
	☐ Household Notified — destination and return time COMMUNICATED		

If a siren sounds while driving:

1. **Pull over** to the side of the road
2. **Exit the vehicle** and move away from it
3. **Enter the nearest building** or lie flat on the ground
4. **Protect your head** with your hands
5. **Wait 10 minutes** before returning to your vehicle

Complete before candle-lighting. When phones are off, sirens are your only alert.

	ITEM	CHECK	
	TV / Channel 14 	☐ TV On? ☐ TV Volume? <i>Verify not muted</i>	PLAYING before Shabbat AUDIBLE from bedrooms
	Emergency Radio 	☐ Radio Frequency? ☐ Radio Volume? ☐ Radio Power?	VERIFIED at MAXIMUM AC or BATTERIES confirmed
	Go Bag	☐ Bag Position? ☐ Bag Contents?	BY DOOR VERIFIED
	☐ Shabbat Supplies — PACKED <i>Siddur, kiddush cup, snacks for shelter</i>		
	☐ Shoes — CLOSED-TOE by bed and by door <i>Not slippers</i> 		
	☐ Clothes — LAID OUT by bed <i>Full outfit, not just pyjamas</i>		
	☐ Keys — BY FRONT DOOR		
	☐ Torch — ARM'S REACH <i>Pre-set on nightstand</i>		
	☐ Windows — SLIGHTLY OPEN <i>To hear outdoor sirens</i>		

During Shabbat: Keep windows open for sirens · TV/radio must stay audible · Know your shelter route in the dark · Stay in shelter 10 min or until all-clear on TV/radio

BATHING A BABY

A wet baby is harder to carry and slower to dress. Minimise bath time and maximise readiness.

	ITEM	CHECK
	News Check 	☐ Active Alerts? NONE <i>No active alerts in your area</i>
	Phone 	☐ Volume? at MAXIMUM <i>Audible over splashing</i> ☐ Phone Location? IN BATHROOM or just outside
	Baby Prep 	☐ Towel? ARM'S REACH <i>Large enough to wrap quickly</i> ☐ Nappy & Clothes? IN BATHROOM , ready to go <i>Not in another room</i> ☐ Babywear / Carrier? BY BATHROOM DOOR <i>For emergency evacuation</i>
	Your Clothes 	☐ Your Outfit? ON — fully dressed <i>You may need to move fast while holding baby</i> ☐ Your Shoes? CLOSED-TOE, ON FEET
	Door	☐ Bathroom Door? UNLOCKED
	Shelter Route	☐ Route Clear? YES <i>Can you get from bathroom to shelter holding a wet baby?</i>
	Keep It Short 	☐ Time? MINIMISED <i>Quick wash, not a play session</i>

If a siren sounds while bathing baby:

1. **Lift baby out of water** — one motion
2. **Wrap in towel** — do NOT dry off, just wrap
3. **Do NOT dress the baby** — a towel-wrapped baby is fine for shelter
4. If carrier/babywear is by the door — **use it** (faster than carrying by hand)
5. **Move to shelter** — you are already dressed and shoed
6. Dress the baby **in the shelter**, not before

Two-parent protocol

- **Parent A** — lifts and carries baby
- **Parent B** — grabs go bag and opens doors
- Assign roles **before** bath time, not during the siren
- If solo: baby first, bag only if it's on your route

Post near the baby bath. Consider bath time the highest-vulnerability window with an infant in the house.

Structured news monitoring prevents both under-awareness and doom-scrolling. Use this schedule during general wartime conditions.

OFFSET	REVIEW POINT	WHAT TO CHECK
Wake +0	Morning Scan	HFC app alerts · overnight incidents · current threat level
Wake +3h	Mid-Morning Brief	News headlines · any new HFC advisories · shelter status
Wake +6h	Midday Check	Situation development · HFC updates · any area changes
Wake +9h	Afternoon Update	Escalation indicators · supply situation · travel advisories
Wake +12h	Evening Review	Daily summary · overnight forecast · any curfew/guidance changes
Before bed	Sleep Assessment	Safe to sleep at home? · alerts configured? · overnight threat level

Example for 07:00 wake: checks at 07:00, 10:00, 13:00, 16:00, 19:00, and before bed.

Healthy monitoring habits:

- **Set a timer.** Check at scheduled times, then put the phone down. Constant scrolling increases anxiety without improving safety.
- **One reliable source.** HFC app is ground truth. Cross-reference with one trusted news outlet. Ignore social media rumours.
- **Share the load.** In a household, take turns being the “news person.” Not everyone needs to watch simultaneously.
- **Night discipline.** Unless on extra-vigilant, trust your phone alerts overnight. You do not need to set an alarm to check news.

SITUATIONAL AWARENESS — VIGILANT

Use during active escalation, confirmed threats in your area, or when HFC has raised alert level.

TRIGGER	ACTION
Every 90 minutes	Quick HFC app scan — 30 seconds. Check for new alerts or area changes.
Before leaving home	Full situation check. Active alerts? Route shelters identified?
Before shower	Are there active alerts in your area right now?
After any siren / alert	Developing situation? Follow-up strikes expected? Stay in shelter until confirmed clear.
Before bed	Extended assessment — check multiple sources. Safe to sleep? HFC app override set?
If woken at night	Quick scan before returning to sleep. New alerts? Escalation?

When to escalate from Standard to Extra Vigilant:

- HFC raises alert level for your area
- Confirmed hostile activity nearby (within your shelter-time zone)
- Multiple alerts in 24 hours
- Government or military advisory to stay near shelter
- Your own judgement says the situation is deteriorating

When to de-escalate back to Standard:

- 24+ hours with no alerts in your area
- HFC lowers alert level
- Official guidance confirms reduced threat
- You're exhausting yourself — extra vigilance that causes burnout is counterproductive

During wartime, what you share online can endanger lives — including your own.

⚠️ Even well-intentioned sharing can be lethal. When in doubt, don't post.

✅ **DO**

- ✓ Use official sources: HFC app, IDF Spokesperson, Israel Police, established media
- ✓ Check before sharing — verify with a second official source
- ✓ Ask others to delete sensitive location info if you see it posted
- ✓ Report suspicious or dangerous posts to platform moderators

❌ **Do NOT Share**

- × Exact locations of impacts
- × Military or emergency service activity
- × Photos or videos revealing locations
- × Casualty information before families are notified

❌ **Do NOT Believe**

- × Unverified reports on X, Telegram, WhatsApp
- × “Breaking” news from unknown accounts
- × Dramatic unconfirmed claims
- × Screenshots from unverified sources

THE ALERT CADENCE

There are three phases to every alert event. Understanding them is essential.

1 Preliminary Warning (*Hatra'a Makdima*) התרעה מוקדמת

An advance notification sent via the HFC app before the siren, typically for distant threats (e.g. Yemen, Iraq). Intended to give you time to prepare.

⚠ Important: This warning is **not guaranteed** and from experience can come as little as **30 seconds** before the siren. If you rely on a public shelter, it is prudent to get there immediately — do not count on having minutes.

Action: Shoes on. Phone located. Know where you're going. If using a public shelter, **go now**.



2 Red Alert / Siren (*Azakat Tzeva Adom*) אזעקת צבע אדום

The siren means **shelter now**. Enter your protected space immediately and close the door. Do not stop to collect belongings. Do not check your phone until you are inside.

Action: Enter shelter. Close door. Sit against inner wall, below window line. **Wait for all-clear.**



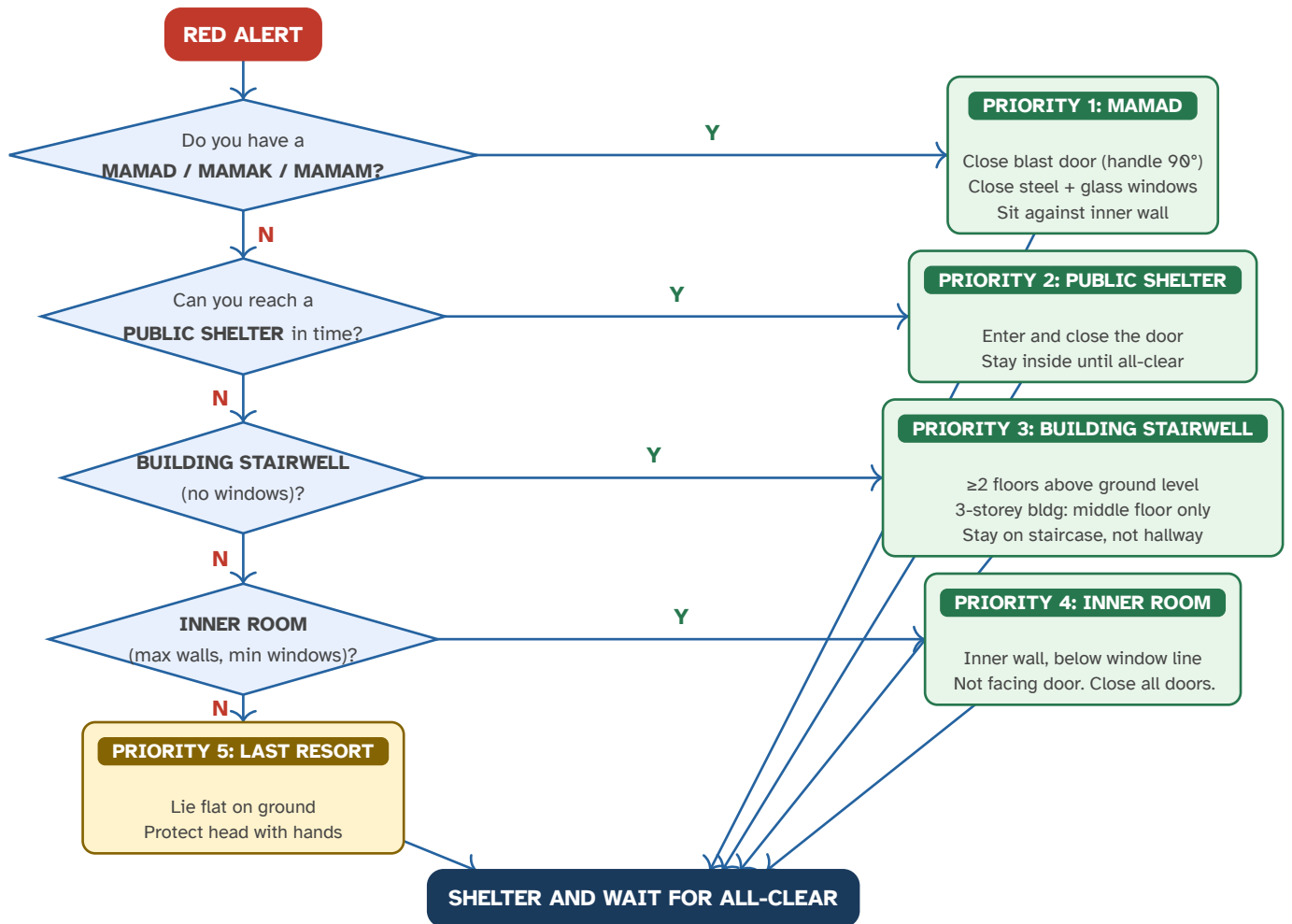
3 All-Clear (*HaEru'a Hastayem*) האירוע הסתיים

A message — typically in Hebrew, often written as “האירוע הסתיים” (“the event has ended”) — delivered via the HFC app, official media, or a steady all-clear siren tone.

Rule: Stay for **10 minutes OR until the all-clear** — whichever comes **later**. During active wartime the IDF may override this with specific instructions. Always follow the latest guidance.

Do NOT leave shelter before the all-clear is given. Many casualties occur because people leave prematurely.

FLOWCHART: SHELTER SELECTION



🚫 **NOT valid shelter:** Kitchen · Bathroom · Toilet · Entrance lobby · Caravans/prefab · Areas with ceramics/glass · Room with only exterior walls · Room directly beneath the roof

What if the alert sounds while I'm outside?

Enter the nearest solid building immediately. Go to the most protected space — not the entrance hall. If no building is reachable, lie flat on the ground and protect your head with both hands.

What if I'm on a bus?

The driver is **legally obliged** to stop at the roadside and open the doors. Crouch below the window line and protect your head. On inter-city buses, passengers may exit to reach a nearby shelter if time permits.

What if I'm driving?

Pull over to the side of the road. Exit the vehicle and move away from it. Lie on the ground and protect your head. Wait 10 minutes before returning to the vehicle.

What if I'm on a train?

The driver slows to 30 km/h. Stay in the carriage, crouch below the window line, and protect your head.

How long do I stay in shelter?

10 minutes OR until the all-clear — whichever comes **later**. During active wartime the IDF may issue specific instructions that override this. Never leave based on quiet alone.

What if I have no signal or internet in shelter?

Stay in shelter. The default with no information is to **remain in place**. Do not assume it's over because it's quiet. If you have a radio, tune to a national station. When in doubt, stay longer.

Can I shelter in a stairwell?

Yes, if it is an **internal** stairwell with no windows. Position yourself at least 2 floors above ground level. In a 3-storey building, use the middle floor only. Never shelter on the top floor or ground floor of a stairwell.

⚡ NIGHT ALARM — FROM DROWSY TO GO

Post this by your bed. Everything here exists so you don't have to think at 3am.

Two-person drill: one person calls each step, the other responds with the status. Alternate roles.

Solo: say each step aloud as you rehearse. On the real night, your body follows the pattern.

The First 5 Seconds

1. **SIREN?** — Do not process. Just move.

☐ **AWAKE — MOVING**

2. **SHOES?** — Same spot every night.

☐ **ON FEET**

3. **GLASSES & PHONE?** — From nightstand.

☐ **IN HAND**

The Next 10–20 Seconds

5. **CLOTHES?** — Pull on whatever is laid out. Speed over appearance.

☐ **ON**

6. **TORCH?** — From nightstand if power is out.

☐ **IN HAND**

7. **PROTECTED SPACE?** — Move to shelter or front door.

☐ **IN POSITION**

For Parents

8. **CHILDREN?** — One parent → child/children. Other → go bag.

☐ **ROLES EXECUTING**

9. **BABY?** — In babywear by door. Do not stop to dress them.

☐ **SECURED**

Do not think. Follow the procedure.

Do not check your phone. The siren means go.

It gets easier. After 2–3 nights, the routine becomes automatic.

Follow these rules every time you shelter. Do NOT leave until the all-clear.

⚠ Wait for the all-clear. Do NOT leave your protected space until you receive an all-clear from HFC (app, official media, or all-clear siren).

	ITEM	CHECK
	Position 	☐ Seated? AGAINST INNER WALL ☐ Below window line? YES
	Door 	☐ Mamad/shelter door? CLOSED <i>Keep closed until all-clear</i>
	Elevators	☐ Elevator use? NONE <i>Do not use during or after an alert</i>
	Photography	☐ Going outside to film? NO <i>Falling debris causes injuries</i>
	Gas / Damage	☐ Smell gas or see damage? MOVE TO ALTERNATIVE SHELTER <i>Call 102 (Fire & Rescue)</i>
	After All-Clear	☐ Safety confirmation sent? YES <i>Brief message to family group</i> ☐ Sharing unverified info? NO

With Children

	ITEM	CHECK
	Voice	☐ Tone? CALM AND STEADY <i>Children take cues from adults</i>
	Explain	☐ What to say? “WE’RE IN OUR SAFE ROOM” <i>Do not lie — acknowledge and redirect to the plan</i>
	Comfort	☐ Comfort item? READY <i>One in mamad, one in go bag</i> ☐ Physical contact? HOLD CLOSE

No connectivity? Stay in shelter. The default with no information is to remain in place. Do NOT assume it's over because it's quiet. If you have a radio, tune to a national station. When in doubt, stay longer.

AFTER SHELTER — RESET

Run immediately after the all-clear. Restore full readiness before the next alert.

	ITEM	CHECK	
	Go Bag 	☐ Bag Position? ☐ Bag Sealed? <i>Did anything fall out?</i>	BACK BY DOOR RE-ZIPPED
	Phone 	☐ Charge Status? <i>If battery dropped</i> ☐ HFC App?	ON CHARGE still RUNNING
	☐ Power Bank — ON CHARGE <i>May have been used in shelter</i>		
	☐ Water — RESUPPLIED <i>If you drank from emergency stock</i>		
	☐ Clothes & Shoes — BACK IN POSITION <i>By bed at night, on person during day</i>		
	☐ Torch — BACK IN POSITION <i>Nightstand or go bag</i>		
	☐ Dependents — all ACCOUNTED for and SAFE 		

Self-Care — Do these NOW, not later. You don't know when the next alert comes.

☐ Eaten? <i>Stress suppresses appetite — eat anyway</i>	YES	☐ Showered? <i>If time and situation allow</i>	YES
☐ Hydrated?	YES	☐ Groomed? <i>Morale and normalcy matter</i>	YES
☐ Toilet?	DONE	☐ Rested? <i>When possible</i>	YES

Children:

☐ Fed?	YES	☐ Hydrated?	YES	☐ Changed?	YES
☐ Cleaned?	YES	☐ Rested?	YES		



Dust from a ballistic impact can fill a shelter in seconds. An N95 weighs almost nothing — keep one per person in your go bag.

Note: These are personal recommendations based on experience, not official HFC minimums. Adjust to your own comfort level and circumstances.

Go Bag Recommendation — N95 Masks

What	N95 respirator mask (NIOSH-rated)
Quantity	One per person, sealed in ziplock bag
Why	Ballistic impacts fill shelters with concrete dust, glass particles, and debris. An N95 filters 95% of airborne particulates. Lightweight, flat, costs almost nothing.
Brands	3M 8210, 3M 9205+, or any NIOSH N95. Avoid KN95 knock-offs without certification.
Fit	Must seal around nose and chin. Pinch the nose clip. If glasses fog, it's not sealed.
Replace	After each use, or if the bag seal is broken. Check expiry date.
Children	Child-sized N95s exist (3M 1860S or Kimberly-Clark child size). Stock separately.

↑ Step Up — Half-Face Respirator

Note: This is a personal recommendation beyond official HFC guidance. Not required — for those who want enhanced protection.

What	Reusable half-face respirator with P100 cartridges
Why	Better seal and filtration than disposable N95. Reusable across events. Protects against fine dust, smoke, and chemical irritants.
Brands	3M 6200/7502 series, GVS Elipse P100, or equivalent NIOSH P100
Fit	Must be fit-tested. No facial hair under the seal. Comes in S/M/L.

Checklist — Respiratory Readiness

☐ N95 in Go Bag?

☐ N95 Expiry?

ONE PER PERSON, sealed

NOT EXPIRED



RESPIRATORY PROTECTION

☐ Fit Practised?

YES, under 15 seconds to don

☐ Children's Masks?

SIZED and **PRACTISED**

When there's a pause in alerts — use the window wisely. Lulls don't last.

Resupply — Priority Order

	ITEM	CHECK	
	Water 	☐ Water Supply? <i>9L/person for 72h</i>	TOPPED UP
	Medications 	☐ Prescriptions? ☐ First Aid Kit?	FILLED RESTOCKED
	Power	☐ Phones? ☐ Power Banks? ☐ Torches?	CHARGED CHARGED batteries FRESH
	Food	☐ Pantry? <i>Canned goods, shelf-stable</i>	RESTOCKED
	Go Bag	☐ Bag Contents? <i>Replace used items, check expiry</i>	REPACKED
	Transport / Cash	☐ Fuel? ☐ Cash? <i>ATMs may go offline</i>	at least HALF tank WITHDRAWN
	Laundry	☐ Clean Clothes?	DONE

Home & Safety Checks

	ITEM	CHECK	
	Mamad / Shelter	☐ Condition? ☐ Door Seal?	CHECKED INTACT
	Safety	☐ Smoke Detector? ☐ Fire Extinguisher? ☐ Gas Lines? <i>Smell gas → shut off, call 102</i>	TESTED ACCESSIBLE no LEAKS
	People	☐ Family? ☐ Neighbours? <i>Especially elderly / alone</i>	CONTACTED — everyone safe CHECKED

Self-Care ☐ Slept? YES ☐ Showered? YES ☐ Outside? YES



EMERGENCY NUMBERS

NUMBER	SERVICE	NOTES
100	Israel Police	Security incidents, unexploded ordnance
101	Magen David Adom	Injuries, medical emergencies
102	Fire & Rescue	Fires, trapped persons, structural collapse
103	Electric Corp.	Power outages, electrical hazards
104	Home Front Command	Guidelines, alerts, emergency info
110	Police Info	Road blocks, police information

NUMBER	SUPPORT & WELFARE
118	Welfare Ministry — Information and assistance
1201	ERAN — Emotional first aid hotline
*8840	Senior Citizens — Ministry of Social Equality
105	Missing persons hotline
1-800-363-363	NATAL — Trauma support
03-6919765	NAAN — Youth crisis line

Personal Emergency Contacts:

Name: _____

Phone: _____

Name: _____

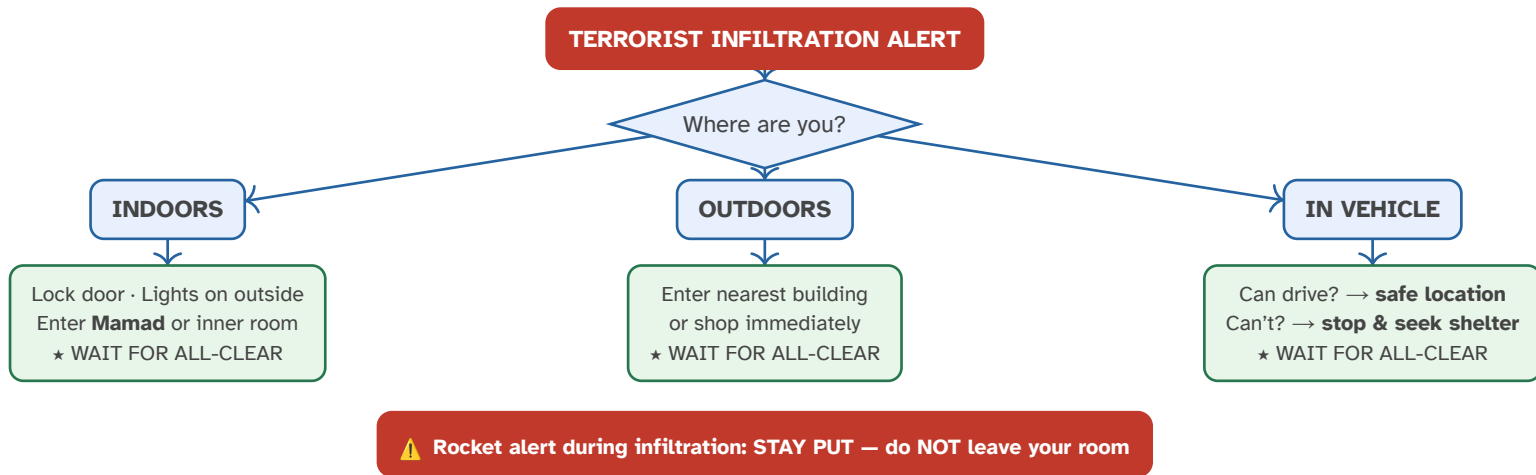
Phone: _____

Name: _____

Phone: _____

PRINT THIS PAGE. Post on fridge, in mamad, and in go bag. Do NOT rely on phone alone.

FLOWCHART: TERRORIST INFILTRATION



- **Traffic in the area is prohibited** — entry banned until further notice
- **Do NOT dismantle the Mamad door handle.** To block entry, barricade with a heavy object
- **Do NOT share your location** on social networks or media channels
- **Stay updated** via Home Front Command messages on official platforms

DIFFERENT PROTOCOL from rockets/missiles.

Stay **hidden**, not just sheltered. Do NOT follow standard shelter procedure.

If Indoors

1. **Lock the house door**
2. **Leave lights on outside** the house — helps security forces navigate
3. **Enter the Mamad** (protected room), close the door properly, sit **below the window line**
4. If no Mamad — enter an **internal room** with a lockable door and no windows
5. **Do NOT exit** until official authorities announce the event has ended

If Outdoors

1. **Immediately enter** the nearest protected place — building, shop, any solid structure
2. **Stay there** until official authorities announce the event has ended

If In a Vehicle

1. If you can keep driving — **get to a safe location** as fast as possible
2. If you cannot drive — **stop and seek nearby shelter** offering maximum protection
3. **Stay in shelter** until official authorities announce the event has ended

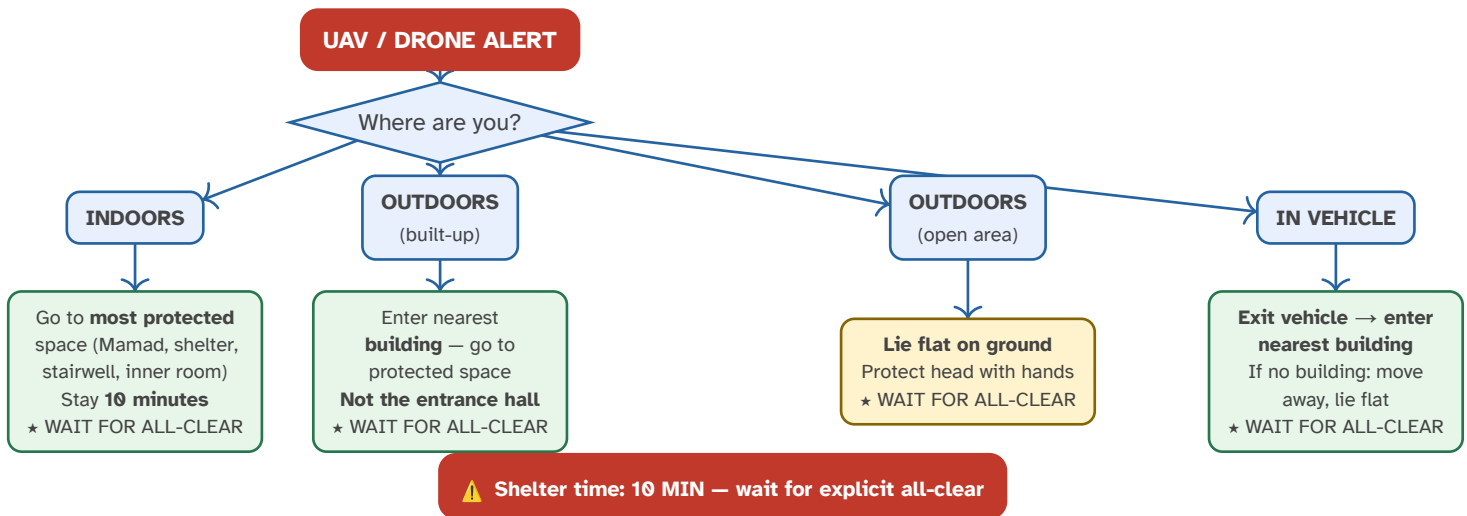
Critical Reminders

- **Traffic in the area is prohibited** — entry banned until further notice
- If a **rocket/missile alert sounds during infiltration** — do NOT go to a protected space outside the house. **Stay where you are**
- **Do NOT dismantle the Mamad door handle.** To block entry from outside, barricade with a heavy object
- **Do NOT share your location** on social networks or media
- **Stay updated** via HFC app and official channels only

Licensed weapon holders: Aim at front door. Fire only on positive identification.

FLOWCHART: UAV / DRONE ALERT

Same procedure as rockets: UAV alerts use the **same siren** and follow the **same shelter procedure**. Stay for 10 minutes or until the all-clear — whichever comes later.



Means of alert: HFC App · National Emergency Portal (oref.org.il) · Sirens · Media broadcasts

⚠️ **Same siren, same shelter procedure as rockets.**

Enter shelter immediately. Stay for **10 minutes OR until the all-clear** — whichever comes later.

Alert via: HFC App · Sirens · Media · oref.org.il

If Indoors

1. Go immediately to the **most protected space** — Mamad, Mamak, Mamam, shelter, inner stairwell, or inner room
2. **Stay for 10 minutes** unless another alert or additional guideline is received

If Outdoors

In a built-up area: Enter the optimal protected space in a nearby building. **Do not stay in the entrance hall.**

In an open area: **Lie on the ground** and protect your head with your hands. If you cannot lie down — **crouch as much as possible** and protect your head. **Wait** until an explicit guideline allows you to leave.

If In a Vehicle

1. **Stop at the side of the road**, exit, enter nearest building's protected space
2. If no building reachable — exit and move **away from the vehicle** beyond the shoulder, lie down, protect your head
3. Only if you **cannot exit** — pull over, **open the windows**, crouch below window line

If On Public Transport

- **Inter-city / school buses:** Driver stops and opens doors. Crouch below window line, protect head
- **Urban buses:** Driver stops and opens doors for passengers to reach protected space. If not reachable, crouch below window line
- **Trains:** Driver slows to 30 km/h. Crouch below window line in carriages, protect head

Reminder: Stay for 10 minutes or until the all-clear — whichever comes later. Same procedure as rocket/missile alerts.

HEBREW GLOSSARY

Key Hebrew terms you will hear in alerts, news broadcasts, and official communications.

Term	Hebrew	Meaning
Azaka	אזעקה	Alert / warning (general term for any HFC alert)
Azakat Tzeva Adom	אזעקת צבע אדום	Red Alert — rocket / missile warning
Mamad	ממ"ד	Residential protected space — the reinforced room in your apartment
Mamak	ממ"ק	Floor-level protected space — shared between apartments on a floor
Mamam	ממ"מ	Building-level protected space — communal shelter in a building
Miklat	מקלט	Public bomb shelter — usually underground, shared by the neighbourhood
Pikud HaOref	פיקוד העורף	Home Front Command (HFC) — the IDF branch for civilian protection
Hatra'a Makdima	התרעה מוקדמת	Preliminary / advance warning — HFC app notification before a siren
Kol Shaon	כל ששון	All-clear siren — a steady tone (distinct from the wailing alert siren)
Delet Plada	דלת פלדה	Blast door — the heavy steel mamad door
Chalon Plada	חלון פלדה	Steel outer window of the mamad
Hathanat Agaf	הטיית אגף	Handle rotation — turning the mamad door handle 90° to seal
Magen David Adom	מגן דוד אדום	MDA — Israel's national emergency medical service (101)
Tzir	ציר	Axis / corridor — used in news for military fronts
Arutz	ערוץ	Channel (TV/radio) — e.g. <i>Arutz 14</i> = Channel 14
HaGal HaShaket	הגל השקט	The Quiet Wave — emergency broadcast channel for wartime
Galei Tzahal	גלי צה"ל	IDF Radio (Galatz) — FM 102.3 / AM 657
Kol Yisrael	קול ישראל	Voice of Israel / Kan Reshet Bet — FM 95.5 / AM 711

Things Not To Do

— Don't run without looking on the way to shelter

Many injuries happen **on the way to shelter**, not from the threat itself. Move quickly but watch your step — stairs, doorways, and corridors are where people trip, collide, and fall. Speed matters, but arriving injured helps no one.

— Don't leave shelter because someone else did

Public shelters often see a **cascade effect**: one person decides they heard the boom so the threat must be over, and others follow suit. Do not do this. Wait for the official all-clear. The person who left may be wrong — and you leaving encourages others to leave too.

— Don't rely on public shelters without preparation

At the outbreak of conflict, public shelters may be hard to find or closed. If you're new to a neighbourhood and will be relying on them, **familiarise yourself with the nearest 3 public shelters** and how to get to them **before you need them**. Consider taking photos and videos of routes for reference. Know which ones are locked, which are always open, and who holds the keys.

Stay prepared. Stay calm.

Based on Home Front Command (Pikud HaOref) guidance as of March 2026.
Always verify with current HFC guidance at **oref.org.il**

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